

EXAM 3 STUDY GUIDE

Chapter 10 - Motivation and Emotion

- **Cannon-Bard Theory:** emotional expression results from hypothalamus; emotional feelings results from dorsal thalamus
 - Jane encounters a negative situation. At the same time her heart starts racing, she experiences a sense of fear and panic. The fact that these occurred simultaneous is best explained by this theory
- **Schacter's Two Factor Model:** the experience of emotion depends on 2 factors → autonomic arousal and cognitive interpretation of that arousal
 - Jane notices that her heart starts racing while she is thinking about the fact that she forgot to do her homework assignment. She determined she was feeling anxiety and dread due to the fact that forgetting her homework is a bad thing and her body is reacting. This is best explained by this theory
- **Galvanic Skin Response (GSR):** an increase in the electrical conductivity of the skin that occurs when sweat glands increase their activity
 - Measures the skin's resistance
- **James-Lange Theory:** physiologic arousal leads to emotion via the brain's interpretation

Chapter 12 - Personality

- **Defense Mechanisms:** Freud described these behavioral tendencies as unconscious reactions that protect us from feelings of anxiety and guilt
 - Universal defense mechanism = identification
- **Unconscious vs. conscious iceberg model**
 - **Unconscious:** the bulk of our behavior is motivated by these urges; the part of the iceberg under water
 - **Conscious:** constitutes the tip of the iceberg that you see above water; thoughts in awareness
- **William Sheldon**
 - Although the validity of his work has since been criticized, this psychologist developed a unique "somatotype" theory of personality that suggests one's personality type is largely determined by one's body type
 - **Body and personality types**
 - **Endomorphic & viscerotonia:** relaxed, sociable, peaceful
 - **Mesomorphic & somatonia:** active, assertive, combative
 - **Ectomorphic & cerebrotonia:** quiet, fragile, restrained
- **Personality theories**
 - **Psychodynamic:** people are driven by the unconscious
 - **Behavioral:** we should only study observable behavior
 - **Humanist:** people are free, unique individuals with a potential for growth
 - **Biological:** peoples' behavior is influenced by genes
- **Objective vs. projective tests**
 - **Objective test:** measures an individual's characteristics independent of the examiner's own beliefs by using standardized questions

- **MMPI:** most used to diagnose psychological disorders; 567 T/F questions; objective
 - Example of a self-report inventory of personality.
 - o **Projective tests:** ask participants to respond to vague, ambiguous stimuli in ways that may reveal the subjects' needs, feelings, and personality traits; terrible validity and reliability
 - **Rorschach:** ink blots
 - **TAT:** looking at an ambiguous picture and saying what you see
 - **Draw-A-Person:** used to evaluate children; asked to draw a man, a woman, and themselves
- **Graphology:** circular handwriting indicates a highly emotional nature and a left slant indicates introspection
- **Hippocrates 4 personality types**
 - o **Choleric:** irritable, yellow bile
 - o **Melancholic:** depressed, black bile
 - o **Sanguine:** optimistic, blood
 - o **Phlegmatic:** calm, phlegm
 - o Any imbalance = change in personality/health
- **Sigmund Freud**
 - o **Transference:** unconscious redirection of feelings from one person to another
 - o **Resistance:** patients blocking memories from conscious memory
 - o **Structures of personality**
 - **Id:** operates by the pleasure principle (immediate gratification), primitive energy, mainly sexual and aggressive, strives for immediate satisfaction; what you WANT to do
 - **Ego:** operates by the reality principle, gates the demands of the id, social skills, takes time to develop, maturation, learning; what should I do?
 - **Superego:** conscience, moral arm, strives for perfection, parental value system; what I SHOULD do
 - o **Psychosexual stages**
 - **Oral:** 0-1; the way the child's feeding experiences are handled is crucial to their development (breast feeding and bottle)
 - **Anal:** 2-3; crucial event is toilet training
 - According to Freud, fixation at this psychosexual stage could contribute to developing a very disciplined personality, and a penchant for organization and neatness.
 - **Phallic:** 4-5; boys develop a preference for their mom and feel hostility towards their fathers while girls develop a special attachment to their father; become aware of their sex
 - **Latency:** 6-12; events center on expanding social contacts beyond immediate family
 - According to Freud, from around age 6 through puberty, the child's sexuality becomes largely suppressed and much of ego and superego development occurs
 - **Genital:** puberty onward; sexual urges appear

Chapter 14 - Stress, coping, and health

- **Textbook definition of stress:** any circumstances that threaten or are perceived to threaten one's well-being and that thereby tax one's coping abilities
- **Health consequence of stress**
 - o Hypertension, stroke, heart disease
 - o High levels of cortisol destroys hippocampal cells
 - o Eating disorders and secondary health consequences (dental problems, hair loss, common colds, headaches)
 - o Impaired immune system
 - o Impaired memory
 - o Impaired performance
 - o Burnout (depression), drug abuse, PTSD (insomnia, sensitivity)
- **Things that contribute to stress**
 - o Change (living style of job)
 - o Pressure (demand, deadlines)
 - o Additive daily hassle (noise, crowd)
- **Types of conflict**
 - o **Approach-approach:** must decide between two equally desirable outcomes (ex: 2 job offers)
 - o **Avoidance-avoidance:** must decide between 2 undesirable outcomes (ex: having a toothache or going to the dentist)
 - The saying "caught between a rock and a hard place" is best explained by using this type of conflict.
 - o **Approach-avoidance:** goal is both desirable and undesirable (ex: marriage)
 - o **Double approach-avoidance:** has 2 goals that are both desirable and undesirable (ex: a man choosing between 2 girls to date that both have good and bad qualities)

Chapter 15 - Psychological disorders

- **Spontaneous remission**
 - o Sonia has been suffering from panic disorder for months. Before she even enters treatment her symptoms subside and she is panic free suddenly, which is an example of spontaneous remission.
- **Dopamine:** neurotransmitter most implicated in Schizophrenia.
- **OCD:** a type of anxiety disorder marked by persistent, uncontrollable intrusions of unwanted thoughts and urges to engage in senseless rituals
 - o **Symptoms:** recurrent thoughts, counting behaviors, irresistible impulses, and frequent worry
 - o **Cause:** ANXIETY, frustration, guilt
- **Generalized anxiety disorder:** a psychological disorder marked by a chronic, high level of anxiety that is not tied to any specific threat
 - o **Symptoms:** heart palpitation, tremors, sweating, shakes, rubbery leg
 - o **Cause:** conflict, threat, guilt, stress
- **Phobia and panic disorder:** disorder marked by irrational fear of an object that presents no realistic danger; type of anxiety disorder characterized by recurrent attacks of overwhelming anxiety that usually occur suddenly and unexpectedly
 - o **Symptoms:** intense fear of objects, places, and events
 - o **Cause:** ANXIETY, traumatic episode
- **Hypochondriasis**